Sides and extras 4.06 **Bowl of chips 3** 964 kcal (Add: Spicy seasoning **3** (7 kcal) 34p) 2.42 Small bowl of chips @ 602 kcal Five chicken wings **FFF** 407 kcal 3.34 2.99 NEW Five chicken breast bites 161 kcal Eight Whitby breaded scampi 464 kcal 4.99 Grilled halloumi-style cheese V 447 kcal 1.97 Peas 133 kcal Mushy peas V 248 kcal 94p 2.29 Side salad @ 91 kcal Mediterranean side salad @ 198 kcal 3.22 Roasted vegetables @ 135 kcal 1.53 Coleslaw V 399 kcal 1.40 88p Sliced chillies FFFF @ 3 kcal 94n Chicken gravy 50 kcal Onion rings 🕖 Six 269 kcal 2.33 **Twelve** 538 kcal **3.50** Garlic pizza bread 🚺 8" 386 kcal 4.40 **11**" 772 kcal **5.57**

With cheese V	8 " 473 kcal		11 " 922 kcal	
Desserts				
Vanilla ice cream 877 kcal or c			v	4.99
NEW Millionaire's sho Two vanilla ice cream scoops, toffee sauce				2.17
Vanilla ice cream ♥ © Two scoops, toffee sauce, Bel		auce		1.82
Cookie crunch (v) Two vanilla ice cream scoops,		e, Belgian cho	colate sauce	1.82
Mini warm chocolate Belgian chocolate sauce, vanil		UNDER 435 kca	l	2.98
Mini warm cookie dou Salted caramel filling, toffee s	_		31 kcal	2.98
Mini American-style Two pancakes, maple-flavour		_	al	3.54
Fresh fruit v 🐼 😘 4 Apple, banana, blueberries, st		lla ice cream		4.56
Warm chocolate fudg	e cake 90	9 kcal. Vanilla	ice cream	5.33
Warm chocolate brov Belgian chocolate sauce, vanil		al		5.33
Warm cookie dough s Salted caramel filling, toffee s	_			5.33
British Bramley apple Vanilla ice cream 673 kcal or c				5.62
American-style panc	akes 🕐 🥯 68	39 kcal		4.99

Add: Custard (134 kcal) 1.23; Vanilla ice cream scoop (135 kcal) 94p Belgian chocolate sauce (6) (61 kcal) 42p; Toffee sauce (1) (66 kcal) 42p Banana (110 kcal) 62p; Strawberries (27 kcal) 62p; Blueberries (17 kcal) 62p

ALLERGEN AND NUTRITIONAL INFORMATION

This can be found on our menus, customer information screen, website and Wetherspoon app. Ingredients vary, depending on location, and may have changed since your last visit. Use the customer information screen to filter menus by specific dietary requirements, such as:

· Exclude those dishes containing certain allergens.

Four pancakes, maple-flavour syrup, vanilla ice cream

- See full lists of ingredients. Set Calorie and carbohydrate limits
- · List only vegan or vegetarian dishes.

While we have procedures for segregating preparation within meals and $\,$ drinks, kitchen and bar service may involve shared preparation/cooking areas. If you have any specific food/drinks allergen needs, please inform us when ordering; we will take reasonable steps to prepare your meal safely, although cannot guarantee completely allergen-free environments or products. Staff cannot offer specific advice or recommendations beyond our published allergen communications. Swapping items may result in changes to allergens contained in the dish.

DIETARY SYMBOLS

= Very mild	= Mild = Medium hot = Very hot	
///// = Ext	remely hot	
Vegetarian	Vegan 5% 5% fat or less 500 Dish under 500 Calories	
- 6 (10 01 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	

sustainable fishery. MSC-C-56647 www.msc.org

Adults need around 2000 kcal a day.§

BREAKFAST

8am - 12 noon

Large breakfast 1343 kcal Two fried eggs, bacon, two Lincolnshire sausages, baked beans, three hash browns, mushroom, two slices of toast	6.59	NEW Fiesta brunch ♥	3.88
Traditional breakfast 807 kcal Fried egg, bacon, Lincolnshire sausage, baked beans, two hash browns, slice of to Small breakfast (200) 435 kcal	4.99 ast 4.45	Eggs Benedict 725 kcal Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket	5.14
Fried egg, bacon, Lincolnshire sausage, baked beans, hash brown Add: Black pudding (178 kcal) 75 p		Mushroom Benedict ♥ 638 kcal Two poached eggs, on an English muffin, with mushroom,	5.14
Freedom breakfast 586 kcal Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato Large vegetarian breakfast 1129 kcal	4.45 6.59	Hollandaise sauce, rocket Miner's Benedict 939 kcal Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket	5.14
Two fried eggs, three vegan sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast Vegetarian breakfast V 786 kcal	4.99	American-style pancakes NEW Four pancakes, banana, strawberries, blueberries, maple-flavour syrup. © \$200 kcal	4.99
Two fried eggs, two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast		Four pancakes, maple-cured bacon, maple-flavour syrup. 645 kcal Four pancakes, maple-flavour syrup. V 🚳 554 kcal	4.99 4.30
Small vegetarian breakfast (*) (*) (*) (*) (*) (*) (*) (*) (*) (*)	4.45 4.61	Small American-style pancakes Two pancakes, maple-cured bacon, maple-flavour syrup. 322 kcal Two pancakes, maple-flavour syrup. 277 kcal	3.54 3.25
Two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread		Scrambled egg on toast \$\infty\$ 570 kcal Three eggs, buttered white bloomer toast	3.77
American breakfast 1258 kcal Two fried eggs, two hash browns, maple-cured bacon, two Lincolnshire sausages, four pancakes, maple-flavour syrup	6.85	Beans on toast V 59 566 kcal. Buttered white bloomer toast NIXV Vegan option available with vegan spread 70 59 556 460 kcal Small beans on toast V 59 557 252 kcal	2.62
Small American breakfast 629 kcal Fried egg, hash brown, maple-cured bacon, Lincolnshire sausage, two pancakes, maple-flavour syrup	4.99	Buttered white bloomer toast Two slices of toast with jam or marmalade V 524 kcal White bloomer bread	2.47
Porridge ♥ 53 \$330 252 kcal (plain) Add: Banana (10 kcal) 62p; Maple-flavour syrup (125 kcal) 34p	2.09	Fresh fruit © 3200 kcal Apple, banana, blueberries, strawberries	3.66
Strawberries ⊘ (27 kcal) 62p ; Blueberries ⊘ (17 kcal) 62p Honey ♡ (91 kcal) 34p ; Sliced apple ⊘ (46 kcal) 62p		NEW Fresh fruit and yoghurt	4.45

Breakfast extras

Add any of the following:					
Black pudding 178 kcal	75p	Two rashers of back bacon 131 kcal	1.57	Baked beans @ 126 kcal	93p
Lincolnshire sausage 168 kcal	1.05	Four rashers of maple-cured bacon 91 kcal	1.52	Two mushrooms @ 100 kcal	93p
Vegan sausage @ 82 kcal	1.05	Two scrambled eggs V 136 kcal	1.63	Two grilled tomato halves @ 16 kcal	52p
Slice of toast 225 kcal	1.13	Fried egg V 56 kcal	93p	Grilled halloumi-style cheese V 447 kcal	1.97
Hash brown @ 82 kcal	46p	Poached egg V 63 kcal	93p	, -	

Breakfast butties and wraps

Bacon butty 574 kcal. Three rashers of bacon, buttered white bloomer bread	3.88
Sausage butty 714 kcal	3.88
Two Lincolnshire sausages, buttered white bloomer bread	
Vegetarian sausage butty 🔮 541 kcal	3.88
Two vegan sausages, buttered white bloomer bread	
NEW Vegan option available with vegan spread 🥏 👀 😘 435 kcal	

Rroabfact muffin doal

Breakiast muiiin deal			
Includes tea, coffee or hot chocolate. Free refills°			
Egg & cheese muffin ♥ (355) 249 kcal Fried egg, American-style cheese, in an English muffin	3.31		
Egg & bacon muffin 314 kcal Fried egg, bacon, American-style cheese, in an English muffin	3.77		
Egg & sausage muffin 333 417 kcal Fried egg, Lincolnshire sausage, American-style cheese, in an English muffin	3.77		
Egg & vegetarian sausage muffin ♥ (330 kcal Fried egg, vegan sausage, American-style cheese, in an English muffin	3.77		
Breakfast muffin \$350 482 kcal Fried egg, Lincolnshire sausage, bacon, American-style cheese, in an English muffin	4.01		
Smashed avocado muffin ⊚ № 3555 271 kcal Guacamole, pico de gallo, on an English muffin, rocket Add: Maple-cured bacon (91 kcal) 1.52; Poached egg ♥ (63 kcal) 93p Grilled halloumi-style cheese ♥ (447 kcal) 1.97	4.01		
Add: Hash brown 🥑 (82 kcal) 46p			

Breakfast wrap 724 kcal 4.36 Fried egg, bacon, Lincolnshire sausage, hash brown, Cheddar cheese Vegetarian breakfast wrap 735 kcal 4.36 Fried egg, two vegan sausages, two hash browns, Cheddar cheese

Tea. coffee and hot chocolate-



Flat white **9** 92 kcal Cappuccino 102 kcal Latte V 113 kcal Mocha 147 kcal Espresso @ 6 kcal Black coffee @ 6 kcal White coffee 24 kcal Hot chocolate 169 kcal Tea

with semi-skimmed milk **V** 14 kcal Dairy alternative: oat sachet @ 4 kcal Decaffeinated tea and coffee available

Biscuits

Walkers shortbread V 151 kcal 71p Stem ginger biscuit V 123 kcal 71p Belgian chocolate biscuit V 129 kcal 71p Salted caramel brownie bar V 316 kcal 1.64

All weights are approximate uncooked. Fish, chicken and meat dishes may contain bones. Specifications may change periodically, and Calories and other nutritional values stated (which exclude drinks options) are subject to change. Prices (in pounds sterling, including VAT) may vary per pub. Subject to local licensing restrictions and availability at participating free houses. Photography is for guidance only. J D Wetherspoon plc reserves the right to withdraw/change offers (without notice), at any time. See our website for full details: jdwetherspoon.com Offer (excluding take-away) applies on day of purchase, during one visit; is non-transferable. Exclusions apply. Non-refundable advance purchase rates, available to book direct on our website, and and on the telephone. Statement of daily Calorie needs from the Department of Health & Social Care. "Excluding decaffeinated. "Drinks exclude bottled wine, sparkling wine, Prosecco by the bottle (200ml and 750ml), cocktail pitchers, spritz cocktails, liqueurs, bombs, shots and any drink not listed on the drinks menu. Mixers exclude J20 and all cannet

for the facts drinkaware.co.uk ♡ idwetherspoon.com ≥

Main menu 11.30am - 11pm. Children's menu available.

The Joseph Conrad Lowestoft When Jozef Teodor Konrad Korzeniowksi disembarked in Lowestoft, in June 1878, he could not speak a word of English. The Polish mariner then signed on as crew with the Skimmer of the Sea, a small coaster. Korzeniowksi had his first English lessons from



Table service

the ship's master and went on to become famous as Joseph Conrad, one of the leading

writers of the 20th century. Much of Conrad's highly acclaimed work was inspired by

his long career at sea, including his novel Lord Jim - twice adapted as a film.

Download the Wetherspoon app or scan this QR code.

Or note your table number and order at the bar.

Use the app to: Search for a pub • Book a hotel • Save your favourites • Find an ale



We have been awarded the maximum food hygiene rating of 5 in our pub.



Sustainable fish The cod and haddock we serve come from fisheries which have

been independently certified to the MSC's standard for well-managed and sustainable

回线回



100% UK and Irish beef

From farms in the UK and Ireland, prime beef steaks matured for 28 days. Traceable from farm to fork.

Free-range eggs

100% of the eggs we use are free range. All shell eggs are certified with the British Lion quality mark and are RSPCA assured, ensuring the highest standards of animal welfare.





Award-winning

children's menu Best children's meals (first place) Independently run 'secret diner' survey

Lavazza coffee^{tt} we serve is from

Rainforest Alliance-certified farms



Sustainable Restaurant Association

Awarded the highest rating in the world's largest sustainability certification for pubs and restaurants, evaluating standards in 'sourcing, society and the environment'.

Allergen and nutritional information can be found on our customer information screen, website and Wetherspoon app. Adults need around 2000 kcal a day.§



wetherspoon hotels **Book direct** for the best rates



Traditional

breakfast

£4.99

alcoholic drink*

alcoholic drink*

£8.73

£9.37

alcoholic drink*

£12.95

alcoholic drink*

£11.20

Breakfast

8am - 12 noon

Tea. coffee and

hot chocolate

Deli Deals

INCLUDES A DRINK

Featuring NEW small southern-fried chicken wrap

just-a-wrap, without a drink

Burger meals

INCLUDES A DRINK •

Featuring 3oz American burger

Afternoon deals

INCLUDES A DRINK

Mon - Fri, 2pm - 5pm

Featuring small freshly battered fish and chips

Steak Club INCLUDES A DRINK' • **Tuesday 11.30am - 11pm** Featuring classic 8oz sirloin

Curry Club

INCLUDES A DRINK •

Thursday 11.30am - 11pm

Featuring the katsu curry range

INCLUDES A DRINK •

Choose from over 150 drinks

LAVATIA Coffee
The freshly ground 100% Arabica

Free refills

soft drink*

£5.86

soft drink*

£7.20

soft drink*

£7.84

£11.42

soft drink*

£9.67

"pizzas. Sourdough base - proved, stretched, opped and freshly baked to order.		
Margherita V 67 kcal. Mozzarella, basil		5.91
Pepperoni 575 kcal. Mozzarella, pepperoni		6.51
Ham and mushroom 505 kcal. Mozzarella, ham, mushroom, rocke BBQ chicken 555 kcal	τ	6.51 6.51
Mozzarella, BBQ sauce, chicken breast, red onion, rocket		0.01
Roasted vegetable \$\infty\$ 514 kcal		6.51
Mozzarella, mushroom, roasted pepper, courgette, onion, basil Vegan roasted vegetable @ \$\infty\$ \text{\$\text{55}}\$ 355 kcal		6.51
Mushroom, roasted pepper, courgette, onion, basil		
Spicy meat feast /// 615 kcal Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket		7.09
<u></u>		
NEW Char-grilled halloumi-style cheese © 514 kcal Rocket, roasted pepper, courgette, onion, salsa		4.96
11"garlic pizza bread V 772 kcal		5.57
Nachos /// v 695 kcal. Cheese, guacamole, salsa, sour cream, sliced of	hillies	5.81
Bowl of chips @ 964 kcal Bowl of chips with curry sauce @ 1082 kcal		4.06 5.58
Cheesy chips V 1256 kcal		5.36
Loaded chips 1303 kcal. Cheese, maple-cured bacon, sour cream		6.03
Tomato & basil soup V 53 5555 374 kcal. White bloomer bread		4.23
NEW Vegan option available with vegan spread @ 58 (56) 285 kcal		· · · · · · ·
With any of the small plates below, choose one dip: Sweet chilli 📂 🚳 37 kcal; Sticky soy 🕥 100 kcal; Naga chilli 🏴 🍘	136 kcal	
Jack Daniel's® Tennessee Honey glaze V 87 kcal; Chipotle mayo		
Blue cheese V 270 kcal; BBQ sauce Ø 83 kcal		, 0,
Halloumi-style fries ♥ 396 kcal Chicken bites 322 kcal. Ten battered chicken breast pieces		4.96 6.09
Southern-fried chicken strips 5333 459 kcal. Five chicken brea	st strips	
Chicken wings /// 813 kcal. Ten spicy chicken wings	'	6.75
Quorn™ nuggets @ 331 kcal. Eight coated pieces		5.19
Deli Deals [®] INCLUDES A DRINK:		
All wraps and paninis are freshly made to order.		
10" wraps A smaller wrap and filling.		
	iust-a-w	vrap.
STEW 10" wraps A smaller wrap and filling. Small brunch wrap 559 kcal Fried egg, bacon, Lincolnshire sausage, Cheddar cheese Small vegetarian brunch wrap © 545 kcal	just-a-w without a	drink
STATE 10" wraps A smaller wrap and filling. Small brunch wrap 559 kcal Fried egg, bacon, Lincolnshire sausage, Cheddar cheese Small vegetarian brunch wrap \$\infty\$ 545 kcal Fried egg, two vegan sausages, Cheddar cheese		drink 9
Small brunch wrap 559 kcal Fried egg, bacon, Lincolnshire sausage, Cheddar cheese Small vegetarian brunch wrap \$\infty\$ 545 kcal Fried egg, two vegan sausages, Cheddar cheese Small shawarma chicken \$\infty\$ 502 kcal Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces,	without a 4.79 each	drink 9 1
Small brunch wrap 559 kcal Fried egg, bacon, Lincolnshire sausage, Cheddar cheese Small vegetarian brunch wrap 545 kcal Fried egg, two vegan sausages, Cheddar cheese Small shawarma chicken FF 502 kcal Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato, onion, rocket, fresh mint	without a 4.79 each	drink 9 1 nk*
Small brunch wrap 559 kcal Fried egg, bacon, Lincolnshire sausage, Cheddar cheese Small vegetarian brunch wrap \$\infty\$ 545 kcal Fried egg, two vegan sausages, Cheddar cheese Small shawarma chicken \$\infty\$ 502 kcal Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces,	without a 4.79 each	drink 9 nk*
Small brunch wrap 559 kcal Fried egg, bacon, Lincolnshire sausage, Cheddar cheese Small vegetarian brunch wrap № 545 kcal Fried egg, two vegan sausages, Cheddar cheese Small shawarma chicken >>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>	soft dri 5.8 each	drink 9 nk* 6 drink*
Small brunch wrap 559 kcal Fried egg, bacon, Lincolnshire sausage, Cheddar cheese Small vegetarian brunch wrap ♥ 545 kcal Fried egg, two vegan sausages, Cheddar cheese Small shawarma chicken /// 502 kcal Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato, onion, rocket, fresh mint Small Quorn™ nuggets ② ⑤ 310 kcal Salad leaves, tomato, cucumber, salsa Small southern-fried chicken /// ⑤ 399 kcal Salad leaves, smoky chipotle mayo	soft dri each	drink 9 nk* 6 drink* 9
Small brunch wrap 559 kcal Fried egg, bacon, Lincolnshire sausage, Cheddar cheese Small vegetarian brunch wrap 5545 kcal Fried egg, two vegan sausages, Cheddar cheese Small shawarma chicken	soft dri 5.86 each	drink 9 nk* 6 drink* 9
Small brunch wrap 559 kcal Fried egg, bacon, Lincolnshire sausage, Cheddar cheese Small vegetarian brunch wrap № 545 kcal Fried egg, two vegan sausages, Cheddar cheese Small shawarma chicken > 502 kcal Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato, onion, rocket, fresh mint Small Quorn™ nuggets © 310 kcal Salad leaves, tomato, cucumber, salsa Small southern-fried chicken > 502 kcal Salad leaves, smoky chipotle mayo Small cold chicken breast > 502 kcal Salad leaves, sweet chilli sauce Small fried halloumi-style cheese > 502 kcal Signal	soft dri 5.86 each	drink 9 nk* 6 drink* 9
Small brunch wrap 559 kcal Fried egg, bacon, Lincolnshire sausage, Cheddar cheese Small vegetarian brunch wrap № 545 kcal Fried egg, two vegan sausages, Cheddar cheese Small shawarma chicken	without a 4.79 each soft dri 5.80 each alcoholic 7.33 each	drink nk* drink* drink*
Small brunch wrap 559 kcal Fried egg, bacon, Lincolnshire sausage, Cheddar cheese Small vegetarian brunch wrap 545 kcal Fried egg, two vegan sausages, Cheddar cheese Small shawarma chicken	without a 4.79 each soft dri 5.80 each alcoholic 7.33 each	drink nk* drink* drink*
Small brunch wrap 559 kcal Fried egg, bacon, Lincolnshire sausage, Cheddar cheese Small vegetarian brunch wrap 545 kcal Fried egg, two vegan sausages, Cheddar cheese Small shawarma chicken	without a 4.79 each soft dri 5.80 each alcoholic 7.33 each	drink nk* drink* drink*
Small brunch wrap 559 kcal Fried egg, bacon, Lincolnshire sausage, Cheddar cheese Small vegetarian brunch wrap € 545 kcal Fried egg, two vegan sausages, Cheddar cheese Small shawarma chicken	without a 4.79 each soft dri 5.80 each alcoholic 7.33 each	drink nk* drink* drink*
Small brunch wrap 559 kcal Fried egg, bacon, Lincolnshire sausage, Cheddar cheese Small vegetarian brunch wrap € 545 kcal Fried egg, two vegan sausages, Cheddar cheese Small shawarma chicken	without a 4.79 each soft dri 5.80 each alcoholic 7.33 each	drink nk* drink* drink*
Small brunch wrap 559 kcal Fried egg, bacon, Lincolnshire sausage, Cheddar cheese Small vegetarian brunch wrap € 545 kcal Fried egg, two vegan sausages, Cheddar cheese Small shawarma chicken	without a 4.79 each soft dri 5.80 each alcoholic 7.33 each	drink nk* drink* drink*
Small brunch wrap 559 kcal Fried egg, bacon, Lincolnshire sausage, Cheddar cheese Small vegetarian brunch wrap € 545 kcal Fried egg, two vegan sausages, Cheddar cheese Small shawarma chicken	without a 4.79 each soft dri 5.80 each alcoholic 7.33 each	drink nk* drink* drink*
Small brunch wrap 559 kcal Fried egg, bacon, Lincolnshire sausage, Cheddar cheese Small vegetarian brunch wrap 545 kcal Fried egg, two vegan sausages, Cheddar cheese Small shawarma chicken	without a 4.74 each soft dri 5.86 each alcoholic c 7.33 each	drink nk* 6 1 drink* 9 1
Small brunch wrap 559 kcal Fried egg, bacon, Lincolnshire sausage, Cheddar cheese Small vegetarian brunch wrap 545 kcal Fried egg, two vegan sausages, Cheddar cheese Small shawarma chicken	without a 4.74 each soft dri 5.86 each alcoholic c 7.33 each	drink nk* drink* rink* rink* rink*
Small brunch wrap 559 kcal Fried egg, bacon, Lincolnshire sausage, Cheddar cheese Small vegetarian brunch wrap 545 kcal Fried egg, two vegan sausages, Cheddar cheese Small shawarma chicken	without a 4.74 each soft dri 5.86 each alcoholic 7.31 each	drink nk* 6 n drink* 9 n ink* 3 h
Small brunch wrap 559 kcal Fried egg, bacon, Lincolnshire sausage, Cheddar cheese Small vegetarian brunch wrap € 545 kcal Fried egg, two vegan sausages, Cheddar cheese Small shawarma chicken	soft dri 7.4 each soft dri 7.4 each	drink* nk* 6 drink* 9 1 drink* 9 1 drink* 6
Small brunch wrap 559 kcal Fried egg, bacon, Lincolnshire sausage, Cheddar cheese Small vegetarian brunch wrap \$ 545 kcal Fried egg, two vegan sausages, Cheddar cheese Small shawarma chicken \$ 502 kcal Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato, onion, rocket, fresh mint Small Quorn™ nuggets \$ 310 kcal Salad leaves, tomato, cucumber, salsa Small southern-fried chicken \$ 277 kcal Salad leaves, smoky chipotle mayo Small cold chicken breast \$ 277 kcal Salad leaves, sweet chilli sauce Small fried halloumi-style cheese \$ 277 kcal Salad leaves, sweet chilli sauce, tomato, cucumber Add: Small side salad \$ (46 kcal): Small portion of chips \$ (329 kcal) 1 12" wraps 14" Shawarma chicken \$ 719 kcal Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato, onion, rocket, fresh mint Quorn™ nuggets \$ 508 kcal. Tomato, cucumber, salsa Southern-fried chicken \$ 479 kcal Salad leaves, smoky chipotle mayo Cold chicken breast \$ 479 kcal Salad leaves, sweet chilli sauce Fried halloumi-style cheese \$ 7070 kcal Salad leaves, sweet chilli sauce, tomato, cucumber Paninis Tuna mayo and Cheddar cheese 590 kcal	soft dri 7.4 accholic alcoholic alcoholic alcoholic alcoholic alcoholic	drink* nk* 6 drink* 9 1 drink* 9 1 drink* 6
Small brunch wrap 559 kcal Fried egg, bacon, Lincolnshire sausage, Cheddar cheese Small vegetarian brunch wrap ♥ 545 kcal Fried egg, two vegan sausages, Cheddar cheese Small shawarma chicken	soft dri 7.4 each soft dri 7.4 each	drink* nk* 6 drink* 9 1 drink* 9 1 drink* 6
Small brunch wrap 559 kcal Fried egg, bacon, Lincolnshire sausage, Cheddar cheese Small vegetarian brunch wrap ♥ 545 kcal Fried egg, two vegan sausages, Cheddar cheese Small shawarma chicken	soft dri 7.4 each soft dri 7.4 each	drink* nk* 6 drink* 9 1 drink* 9 1 drink* 6
Small brunch wrap 559 kcal Fried egg, bacon, Lincolnshire sausage, Cheddar cheese Small vegetarian brunch wrap ♥ 545 kcal Fried egg, two vegan sausages, Cheddar cheese Small shawarma chicken /// 502 kcal Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato, onion, rocket, fresh mint Small Quorn™ nuggets ◎ ⑤ 310 kcal Salad leaves, tomato, cucumber, salsa Small southern-fried chicken /// ⑥ 399 kcal Salad leaves, smoky chipotle mayo Small cold chicken breast // ⑥ ② ② 277 kcal Salad leaves, sweet chilli sauce Small fried halloumi-style cheese // ② ② 391 kcal Salad leaves, sweet chilli sauce, tomato, cucumber Add: Small side salad ② (46 kcal); Small portion of chips ② (329 kcal) 1 12" wraps This Shawarma chicken /// 719 kcal Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato, onion, rocket, fresh mint Quorn™ nuggets ② ③ 508 kcal. Tomato, cucumber, salsa Southern-fried chicken /// 609 kcal Salad leaves, smoky chipotle mayo Cold chicken breast // ⑥ 479 kcal Salad leaves, sweet chilli sauce Fried halloumi-style cheese // ② 707 kcal Salad leaves, sweet chilli sauce Fried halloumi-style cheese // ② 707 kcal Salad leaves, sweet chilli sauce Fried halloumi-style cheese // ② 707 kcal Salad leaves, sweet chilli sauce, tomato, cucumber Paninis Tuna mayo and Cheddar cheese 590 kcal Cheddar cheese and tomato ② 527 kcal	soft dri 7.4 each soft dri 7.4 each	drink* nk* 6 drink* 9 1 drink* 9 1 drink* 6

Choose any 8" pizza from the small plates section.

Add: Side salad (91 kcal); Tomato & basil soup (150 kcal)

Spicy rice (208 kcal); Chips (602 kcal) 1.44 each

Adults need around 2000 kcal a day.§

_		
Burgers includes a drink		
Beef burgers made with 100% British b	eer, iresni	у соокеа то
Beef burgers One 3oz beef patty. erved with a small portion of chips (329 kcal, inc	cluded in Cal	ories below).
American burger 696 kcal		1
led onion, gherkin, ketchup, American-style mustard Classic beef burger 677 kcal	soft drink* 7.20	alcoholic drink* 8.73
ceberg lettuce, tomato, red onion	each	each
Skinny beef burger (505) 375 kcal	and a find date of	
ceberg lettuce, tomato, red onion, with a side salad, inste	ad of chips	
American cheese burger 730 kcal merican-style cheese, red onion, gherkin, ketchup,	_	oft drink* 7.77 blic drink* 9.30
merican-style cheese, red onlon, gherkin, ketchup, merican-style mustard	acconc	JUC UTILIK 7.30
Double beef burgers Two 3ozbeef patties.	• • • • • • • • • • • • • • • • • • • •	
erved with chips (602 kcal, included in Calories	below).	
Double American burger 1138 kcal	soft drink*	alcoholic drink*
led onion, gherkin, ketchup, American-style mustard Double classic beef burger 1119 kcal	9.46	10.99
ceberg lettuce, tomato, red onion	each	each
Oouble American cheese burger 1207 kcal		oft drink* 10.04
merican-style cheese, red onion, gherkin, ketchup,		olic drink* 11.57
merican-style mustard		
Chicken burgers		
erved with a small portion of chips (329 kcal, incl Crunchy chicken strip burger 🖊 776 kcal		calories below).
wo southern-fried chicken strips, iceberg lettuce, mayon		olic drink* 8.73
erved with chips (602 kcal, included in Calories	below).	
Fried buttermilk chicken burger 1255 kcal		
readed whole chicken breast fillet Char-grilled chicken breast burger 970 kcal	soft drink*	alcoholic drink*
Skinny chicken burger 😵 🞆 394 kcal	9.46 each	10.99 each
har-grilled chicken breast, with a side salad, instead of chip	IS	
Meat-free burgers		• • • • • • • • • • • • • • • • • • •
erved with chips (602 kcal, included in Calories b	oelow).	
Beyond Burger™ ⊘ 1043 kcal BEYOND MEAT plant-based patty,	soft drink*	alcoholic drink*
ceberg lettuce, garlic & herb sauce	9.46 each	10.99 each
Breaded vegetable burger 🔇 1039 kcal		•
entils, carrot, onion, sweetcorn, mushroom, mozzarella,		
ried halloumi-style cheese burger 🖊 🤇	ITTO KCal. SV	veer chilli sauce
lust-a-burger served on its own, without chips or a drink.		each 4.51
American burger 📸 367 kcal		00011 1101
ed onion, gherkin, ketchup, American-style mustard		
Crunchy chicken strip burger 🖊 🚟 447 kc wo southern-fried chicken strips, iceberg lettuce, mayon		
-		
Curries includes a drink		
<mark>Classic curries</mark> With basmati pilau rice, plai: Mangalorean roasted cauliflower	n naan and p	oppadums.
spinach curry // @ 1 927 kcal		l
Chicken tikka masala 🎢 1190 kcal	soft drink* 11.60	alcoholic drink* 13.13
Chicken jalfrezi 🎢 🎜 🚳 935 kcal	each	each
Beef Madras 🖊 🎁 1043 kcal		
Change your plain naan to a garlic naan 🥑 (add	92 kcal) 47p	
Simple curries With basmati pilau rice or ch	ips.	• • • • • • • • • • • • • • • • • • • •
Simple Mangalorean roasted	-	
auliflower & spinach curry // @		
hoose: Basmati pilau rice 🚳 568 kcal; Chips 970 kcal		I
Simple chicken tikka masala 🖊 hoose: Basmati pilau rice 830 kcal; Chips 1232 kcal	soft drink* 9.37	alcoholic drink* 10.90
Simple chicken jalfrezi	9.37 each	each
hoose: Basmati pilau rice 🚳 575 kcal; Chips 977 kcal		
Simple beef Madras		
hoose: Basmati pilau rice 684 kcal; Chips 1086 kcal		
dd: One vegetable samosa and two onion bhajis 🎢 🥥	(293 kcal) 1.7	6
wo plain poppadums 🥏 (86 kcal) 47p		
Katsu curries With a mild Japanese-style kat		ce,
coconut-flavour rice, sliced chillies and coriande	er.	
Katsu grilled chicken curry 🚳 542 kcal liced char-grilled chicken breast		
Katsu Quorn™ nugget curry @ 686 kcal	soft drink*	alcoholic drink*

10.49

each

Eight coated pieces

Katsu chicken curry 828 kcal

Sliced whole breaded chicken breast fillet

12.02

each

aceable from farm to fork.	
Gourmet burgers Served with chips, six onion rings (871 kcal, included in Calor	ies below).
Ultimate burger 1656 kcal Two 3oz beef patties, maple-cured bacon, Cheddar cheese, signature burger sauce, gherkin	
Tennessee burger Maple-cured bacon, Jack Daniel's® Tennessee Honey glaze Choose: Beef (two 3oz beef patties) 1567 kcal Char-grilled chicken breast 1417 kcal Fried buttermilk chicken 1703 kcal	soft drink* 11.66 each
BBQ burger Maple-cured bacon, Cheddar cheese, BBQ sauce Choose: Beef (two 3oz beef patties) 1644 kcal Char-grilled chicken breast 1494 kcal Fried buttermilk chicken 1780 kcal	alcoholic drink* 13.19 each
Heatwave burger /// Naga chilli mayo, American-style cheese, hash brown, topped with a spicy chicken wing Choose: Char-grilled chicken breast 1722 kcal Fried buttermilk chicken 2007 kcal	
Fiesta burger ⊘ 1380 kcal BEYOND MEAT plant-based patty, salsa, guacamole, roasted pep courgette, onion	per,
	ft drink* 13.12 ic drink* 14.65
Additional toppings and burger patties Maple-cured bacon with Cheddar cheese 173 kcal Maple-cured bacon with American-style cheese 160 Cheddar cheese © 82 kcal American-style cheese © 69 kcal Maple-cured bacon 91 kcal Crunchy chicken strip • 92 kcal	2.14 kcal 2.14 1.52 1.52 1.52
3oz beef patty 168 kcal Char-grilled chicken breast 187 kcal Fried buttermilk chicken 473 kcal Breaded vegetable patty ♥ 257 kcal Fried halloumi-style cheese ♥ 298 kcal BEYOND MEAT patty 184 kcal	each 1.97
Chicken Includes a DRINK	
Chicken on the bone is marinated, slow cooked and finished on the char-grill. Peri-peri char-grilled half chicken Lemon and herb Char-grilled in a lemon & herb glaze Coleslaw, garlic & herb dip Choose: Side salad 918 kcal; Mediterranean salad 1048 kcal Spicy rice 1059 kcal; Mashed potato 1137 kcal; Chips 1453 kcal Hot and spicy Char-grilled in a Naga chilli & citrus glaze Coleslaw, Naga chilli dip Choose: Side salad 888 kcal; Mediterranean salad 1018 kcal	soft drink* 12.60 each alcoholic drink* 14.13 each
Spicy rice 1029 kcal; Mashed potato 1107 kcal; Chips 1423 kcal Char-grilled half chicken, mash and gravy 818 kcal Lemon & herb chicken, peas, chicken gravy	

Choose: Side salad 918 kcal; Mediterranean salad 1048 kcal Spicy rice 1059 kcal; Mashed potato 1137 kcal; Chips 1453 kcal	12.60 each
Hot and spicy /// Char-grilled in a Naga chilli & citrus glaze Coleslaw, Naga chilli dip Choose: Side salad 888 kcal; Mediterranean salad 1018 kcal	alcoholic drink* 14.13 each
Spicy rice 1029 kcal; Mashed potato 1107 kcal; Chips 1423 kcal Char-grilled half chicken, mash and gravy 818 kcal Lemon & herb chicken, peas, chicken gravy	
Chicken baskets Chicken wing basket FFF Eight wings, coleslaw, Naga chilli dip Choose: Side salad 987 kcal; Spicy rice 1127 kcal; Chips 1522 kcal Boneless basket F Three southern-fried chicken strips, five chicken breast bites, coleslaw, & Choose: Side salad 720 kcal; Spicy rice 861 kcal; Chips 1255 kcal	
Chicken bites basket Ten battered chicken breast pieces, coleslaw, sticky soy sauce Choose: Side salad 623 kcal; Spicy rice 763 kcal; Chips 1157 kcal	soft drink* 10.43 each
Southern-fried chicken strips basket // Five chicken strips, coleslaw, Jack Daniel's® Tennessee Honey glaze Choose: Side salad 748 kcal; Spicy rice 888 kcal; Chips 1282 kcal	alcoholic drink* 11.96 each
Quorn™ 'no chicken' nuggets basket	
Add: Chicken gravy (50 kcal) 94p	• • • • • • • • • • • • • • • • • • • •

4411	-15	
11" pizzas includes a drink"	₹	
Sourdough base - proved, stretched, topped and freshly baked to order. Margherita 934 kcal. Mozzarella, basil Pepperoni 1151 kcal. Mozzarella, pepperoni	soft drink 10.43	
Ham and mushroom 1011 kcal Mozzarella, ham, mushroom, rocket BBQ chicken 1097 kcal Mozzarella, BBQ sauce, chicken breast, red onion, rocket		soft drink* 11.60 each
Roasted vegetable ♥ 1028 kcal Mozzarella, mushroom, roasted pepper, courgette, onion, ba Vegan roasted vegetable ♥ № 709 kcal Mushroom, roasted pepper, courgette, onion, basil	ısil	alcoholic drink* 13.13 each
Spicy meat feast /// 1214 kcal Mozzarella, ham, pepperoni, chicken breast, sliced chillies,	12.78 rocket	3 14.31
Additional toppings Red onion @ 10 kcal; Sliced chillies FFFF @ 3 kcal; Mu		kcal each 88 r
Garlic & herb dip ⊘ 180 kcal; Mozzarella ∨ 150 kcal; Ham Chicken breast 94 kcal; Maple-cured bacon 91 kcal	.	each 1.1 5
Pepperoni // 109 kcal; Roasted vegetables 🕢 90 kcal		each 1.5 3
Creall much alongies		
Small pub classics inc	LUDES A I	DRINK •
Fish and chips Small freshly battered cod and chips	soft drink	
Peas 681 kcal or mushy peas 739 kcal	7.02	
Small Whitby breaded scampi Chips, peas 629 kcal or mushy peas 686 kcal. Four Whitby breaded scampi	9.62	11.19
Add: Two slices of bread ♥ (404 kcal) 1.34 Chip shop–style curry sauce ⊘ (118 kcal) 1.46		•••••••
Small Wiltshire cured ham, egg and chips (337) 455 kcal	8.38	9.9′
One slice of Wiltshire cured ham, fried egg Small all-day brunch 681 kcal Lincolnshire sausage, bacon, fried egg, baked beans, chips	8.68	10.2
Add: Black pudding (178 kcal) 75p Small vegetarian all-day brunch ♥ 611 kcal Two vegan sausages, fried egg, baked beans, chips	8.68	10.2
Afternoon deal Mon - Fri, 2pm - 5pm Choose from the above small pub classic meals.	soft drink* 7.84	alcoholic drink* 9.37
Pub classics includes a di	RINK' •]
Fish and chins	soft drink	x* alcoholic drin
Fish and chips Freshly battered cod and chips 🔗	11.84	13.37
Peas 1240 kcal or mushy peas 1298 kcal		
Whitby breaded scampi Chips, peas 1135 kcal or mushy peas 1192 kcal. Eight Whitby breaded scampi	11.84	13.37

Choose from the above small pub classic meals.	7.84	9.37
Pub classics Includes A D	RINK •]
Fish and chips	soft drinl	k* alcoholic drink*
Freshly battered cod and chips Peas 1240 kcal or mushy peas 1298 kcal	11.84	13.37
Whitby breaded scampi Chips, peas 1135 kcal or mushy peas 1192 kcal. Eight Whitby breaded scampi	11.84	13.37
Add: Two slices of bread (404 kcal) 1.34 Chip shop-style curry sauce (118 kcal) 1.46		
All-day brunch 1245 kcal Two fried eggs, bacon, two Lincolnshire sausages, baked bea Add: Black pudding (178 kcal) 75p	11.49 ans, chips	13.02
Vegetarian all-day brunch ♥ 1023 kcal Two fried eggs, three vegan sausages, baked beans, chips	11.49	13.02
Steak & kidney pudding Peas, onion & red wine grav Choose: Mashed potato 963 kcal; Chips 1279 kcal	y 10.08	11.61
Bangers and mash 894 kcal Three Lincolnshire sausages, peas, onion & red wine gravy	10.08	11.61
Vegetarian bangers and mash ♥ 635 kcal Three vegan sausages, peas, onion & red wine gravy	10.08	3 11.61
Wiltshire cured ham, eggs and chips 856 kca Two slices of Wiltshire cured ham, two fried eggs	l 9.4 9	11.02
Sausages, chips and beans 1170 kcal Three Lincolnshire sausages	9.49	11.02
Vegan sausages, chips and beans ⊚ 910 kcal Three vegan sausages	9.49	11.02
NEW Chilli bean non-carne 🖊 🕢 🚳 635 kcal Red peppers, red kidney and black turtle beans, smoky chipo	10.08 otle sauce, ric	
Afternoon deal	soft drink*	alcoholic drink*

Mon - Fri, 2pm - 5pm

soft drink* alcoholic drink*

9.01 10.54

From farms in the UK and Ireland, prin (traceable from farm to fork), matured seasoned with a steak-seasoning blend cooked to your liking.	for 28 day	s,
Classic 8oz sirloin steak Choose: Side salad 526 kcal Mediterranean salad 657 kcal; Jacket potato 774 kcal Mashed potato 745 kcal; Chips 1061 kcal	soft drink* 13.00 each	alcoholic drink* 14.53 each
Gourmet 8oz sirloin steak Peas, tomato, mushroom, three onion rings, steak sauce Choose: Side salad 785 kcal Mediterranean salad 915 kcal; Jacket potato 1032 kcal Mashed potato 1003 kcal; Chips 1320 kcal Add your choice of steak sauce: Creamy peppercorn sauc Jack Daniel's® Tennessee Honey glaze (**) (87 kcal) 1.82	,	alcoholic drink* 16.87 each
Below meals are served with peas, tomato and m BBQ chicken melt Char-grilled chicken, Cheddar cheese, bacon, BBQ sauce Choose: Side salad © 609 kcal; Mediterranean salad 73' Jacket potato © 856 kcal; Mashed potato 827 kcal; Chip	soft drink 11.84 9 kcal	atoonotio ai iii
5oz gammon and egg Choose: Side salad & \$333 402 kcal; Mediterranean sal	10.49	12.02

Jacket potato 1724 kcal; Mashed potato 1696 kcal; Chips 2012 kcal	
Noodles, salads and pastas	
INCLUDES A DRINK • • •	

Jacket potato 🚳 649 kcal; Mashed potato 620 kcal; Chips 936 kcal

Choose: Side salad 611 kcal; Mediterranean salad 741 kcal Jacket potato 858 kcal; Mashed potato 829 kcal; Chips 1146 kcal

Gammon, pork loin, rump, lamb, Lincolnshire sausage Choose: Side salad 984 kcal; Mediterranean salad 1114 kcal Jacket potato 1231 kcal; Mashed potato 1202 kcal; Chips 1519 kcal

Gammon, pork loin, rump, lamb, two Lincolnshire sausages,

Choose: Side salad 1477 kcal; Mediterranean salad 1607 kcal

10oz gammon and eggs

Mixed grill

Large mixed grill

fried egg, six onion rings

	soft drink*	${\it alcoholicdrink}^*$	
NEW Ramen noodle bowl // @ \$3 (355) 466 kcal Noodles, bean sprouts, shiitake mushroom, spring onion,	8.99	10.52	
carrot, pak choi, bamboo shoots, red onion, sliced chillies, coriani in a light broth			
Add: Char-grilled chicken breast (93 kcal) 1.15; Poached egg 💟 (63 kcal) 93p			
Chicken & maple-cured bacon salad Choose: Char-grilled chicken breast (555) 283 kcal Southern-fried chicken breast strips (555) 465 kcal	11.16	12.69	
Mediterranean salad © 334 kcal Pearl barley, quinoa, butternut squash, wheat berries, red pepper cherry tomatoes, pumpkin seeds, basil, dressing	10.03	11.56	
Add: Grilled halloumi-style cheese (V) (447 kcal) 1.97			
Tuna mayo (298 kcal) 1.06; Roasted vegetables @ (90 kcal) 1.	53		
Char-grilled chicken breast (187 kcal) 1.97			
Grilled halloumi-style cheese	10.32	11.85	
& roasted vegetable salad V 656 494 kcal			
Roasted pepper, courgette, onion, pico de gallo, dressing			
Burrito salad bowl ♥ 668 kcal Spicy rice, cheese, roasted pepper, courgette, onion, tortilla chips guacamole, sliced chillies	10.32	11.85	
Add: Char-grilled chicken breast (187 kcal) 1.97 Chilli bean non-carne ∮			
Pasta alfredo ♥ 618 kcal Fusilli pasta, creamy pecorino & regato cheese sauce, spinach, sun-dried tomato, basil, rocket	10.60	12.13	
Add: Char-grilled chicken breast (187 kcal) 1.97; Maple-cured bacon (91 kcal) 1.52			
British beef & pancetta lasagne	11.16	12.69	

Jacket potatoes includes a drink |

With side salad and one filling. Extra fillings 1.30 each. Tuna mayo 592 kcal; Coleslaw V 559 kcal

Cheese V 512 kcal Baked beans @ 588 5555 482 kcal Chilli bean non-carne / @ 538 5555 442 kcal

Roasted vegetables @ 53 555 383 kcal

Choose: Side salad 761 kcal; Chips 1295 kcal

soft drink* alcoholic drink* 8.60 10.13 each

15.18

15.18

16.95

13.65

13.65

15.42